
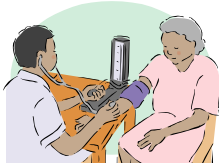


















March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Enjoy some fresh fish	3
4	5 Sign up for a 5K event and start training	6	7	8 Get your blood pressure checked	9 	10
11 Daylight Savings Time – Spring Forward	12 	13	14 Go roller skating	15	16 Plan some fun physical activities for spring break, such as scuba diving, horseback riding, or canoeing	17 St. Patrick's Day 
18	19 Turn on your favorite music and dance	20	21 First Day of Spring 	22	23 Plant some flowers	24
25 Prepare and freeze several healthy meals	26	27 Start your spring cleaning	28	29 	30	31 Be a dog walker for the day

April 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fool's Day	2	3 Put on old shoes and go splash in some puddles	4	5 	6	7 Hold an egg hunt for local children, use non-food prizes such as erasers, stickers, small toys, and coins
8 	9 Walk off those holiday treats	10	11 Clean out the garage as a family	12	13 Make sure your children's immunizations are up to date	14
15 Get rid of the clutter and plan a garage sale	16	17 Drink plenty of water	18 	19 Fly a kite	20	21 Eat 3 servings of dairy, have some fun and photograph your milk mustaches
22 Earth Day 	23 Pick up trash in the neighborhood	24	25	26 Pump some iron, use things around the house for weights such as jugs of water	27	28 
29	30 Take the stairs today					

May 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Tune up your bicycles and go for a family bike ride	3	4 Learn about sports in different countries	5 Cinco De Mayo
6	7 Praise your children for their healthy habits	8	9 Make some fresh salsa, serve with baked tortilla chips	10 	11	12 Host a family car wash
13 Mother's Day 	14 Help mom all week...do extra chores around the house	15	16	17 Pull weeds	18 	19 Armed Forces Day
20	21	22 Check out the fresh produce at the grocery store	23 	24 Talk to your children about not smoking	25	26 Work in the garden
27 	28 Memorial Day Host a healthy BBQ with family relay races	29	30	31 Organize a walk at work or school		